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Pelham NEWS

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■ **HOLIDAY:** Balloon rides, bike bling, parade, fireworks

Canada Day bash marches off 22nd time

WAYNE CAMPBELL
PelhamNEWS Staff

The town's 22nd annual Canada Day celebration will fly a little higher with hot air balloon rides.

It will encourage children to bling their bikes and it will kick off a summer of Geocaching with a stash of prizes in Harold Black Park.

The 11 a.m. to 11 p.m. party in the Park will include children's activities by the Rotary Club of Fonthill, the 8th annual pet show by the Welland and District Humane Society, AMPFest contest by the Mayor's Youth Advisory Council and will end with a big blast of fireworks.

see **CANADA DAY** | page 18

WAYNE CAMPBELL Staff Photo

E.L. Crossley Secondary School's band marched in the Welland Rose Festival's Parade on last Sunday. This Sunday it will highlight the Pelham Canada Day parade, which begins at 1 p.m. from A.K Wigg Public School down Haist St. to Harold Black Park.

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upfront

■ **ME TO WE:** St. Alexander Catholic School concludes Grade 8 project

Pelham walk makes healthier kids in Kenya

WAYNE CAMPBELL
PelhamNEWS Staff

PELHAM — It was a nice day for a walk on Tuesday — a little hot and humid, but the sun was shining.

Six hours later, however, 52 Grade 8 students from St. Alexander Catholic School may not have thought the Walk for Health was so healthy.

Still, they had a point to make. Their sweat was earning money pledged to support health services in Kenya.

As they walked around Fonthill they were promoting awareness of the need for Canadians to give what they can to help the Third World.

The walk was the last fundraiser in a year-long Me to We project selected by the students. The project is a legacy exercise for the graduating class at the Fonthill elementary school. They wanted to set a challenge for future students.

Grade 8 teachers Kennedy Lindley and Julia Stoehr said they generally stayed out of the project.

The students chose raising money for health services in Kenya following a review of Free the Children international projects, said one of the student coordinators, Alexander Di Paola.

"Our goal was $6,000, we didn't make it," he said. "But we did get $3,544 through fundraisers."

Alyssa Girotti said raising awareness among younger students was an important part of the project. "It's not that we don't care, it's that we don't know about other places."

An active and successful fundraiser for the project took place Valentine's Day, when "heart-a-grams" were sold for 25 cents.

"The youngest kids really enjoyed it, buying them for their family and friends," said Stephen Cho.

They repeated the project at Easter with "egg-a-grams."

A book sale was another fundraiser. Leftover books were taken to a women's shelter.

Among the health issues in Kenya are malaria and limited prenatal services and children's health care.

"Malaria is increasing because of a lack of resources such as tent screens," said Meagan Boc.

This is the second year for the Me to We project at St. Alexander.

Me-to-We and Free the Children are programs encouraging children to help children. Canadians Craig and Marc Kielburger developed the Me to We concept to show children and adults how they can make an impact in the world through small and large steps.

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WAYNE CAMPBELL Staff Photo

St. Alexander Catholic School Grade 8 students Stephen Cho, Meagan Boc, Alyssa Girotti and Alexander DiPaola hold a cheque for $3,544 that will go to the Free the Children association for health projects in Kenya.

■ **FIREFIGHTERS FOR FIREWORKS**

WAYNE CAMPBELL Staff Photo

Ward 1 Coun. Richard Rybiak, left, on behalf of the Canada Day committee, thanks firefighter Terry Beckett of the Fonthill Volunteer Fire Association for a $1,500 cheque. It will help pay for fireworks at the celebration on July 1 in Harold Black Park. The presentation was made at a Pelham town council meeting.

■ **COUNCIL:** Weiland Heights extension goes to council

Haist St. N. subdivision plan gets one year more

WAYNE CAMPBELL
PelhamNEWS Staff

A plea for more time failed to change a limited extension to a Haist St. N. subdivision plan.

Oscar Weiland, owner of Weiland Heights, asked for a three-year extension to a 2004 draft plan for a 5.5 hectare parcel on the west side of Haist St. north of Regional Rd. 20.

The plan calls for 45 single detached lots, three blocks of townhouses, a block of either townhouses or single detached lots, a park, storm water management pond, and two street reserves to access future developments.

Planning director Craig Lamour recommend a one-year extension for the plan that had already received two extensions.

Weiland, speaking to the committee Monday, said he had cleared many of the draft plan conditions and was awaiting approval to build homes on 10 serviced lots on Haist St.

Local economic conditions, he said, have created a downward spiral of the housing market.

"The housing market needs to improve substantially in order for any developer to meet the huge financial obligation that goes along with land development."

He expects to see a turn around within three years, which would enable him to go ahead with the project.

Ward 2 Coun. Gary Accursi questioned how an extension of three years could change what couldn't be done in eight years.

Weiland said he did meet many conditions and almost sold the property last year, but the buyers walked away.

Mayor Dave Augustyn suggested an 18-month extension but failed to get support.

Larmour said he preferred no extension, one year seemed fair, but 18 months was unreasonable.

The draft plan, as it stands now, falls under older planning legislation. If the approval lapses, a new subdivision plan would fall under more recent provincial legislation, he said.

It would mean Green Act restrictions and increased housing density requirements.

The committee recommended a one-year extension. The matter will go to the next regular meeting of council on Monday, July 16.

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FONTHILL BANDSHELL PREMIERE

WAYNE CAMPBELL Staff Photo

Freddy Vette and the Flames open the 2012 Fonthill Bandshell summer concert series before a crowd that filled the hill in Pelham Peace Park. Playing Thursday June 28 is Hotel California, a tribute band to the Eagles. On July 5 the Toronto All Star Big Band performs from 7 p.m. to 9 p.m.

WAYNE CAMPBELL Staff Photo

A crowd of about 2,000 watch Freddy Vette and the Flames, a 1950s music band, perform as the opening act for the Fonthill Bandshell summer concert series. In its seventh season, the Thursday evening event draws residents from Pelham and neighbouring communities.

WAYNE CAMPBELL Staff Photo

Chair Gayle Baltjes-Chataway, backed by members of the Fonthill Bandshell Concert committee, welcomes residents to the opening night of the 2012 summer concert series. The Thursday evening concerts will continue until Sept. 6.

Supplied Photo

Hotel California, the original tribute to The Eagles, will play at the Fonthill Bandshell Thursday, June 28. The Original Tribute to THE EAGLES Hotel California prides itself on creating the illusion that you are listening to the actual Eagles. The tribute band has shared the stage with the Doobie Brothers, Lynyrd Skynyrd, Styx, REO Speedwagon, Gretchen Wilson and many more International Artists. It has performed in Dubai, Japan, India, Bermuda and all over North America. Thursday's concert is presented by Meridian Credit Union. Bandshell booster buttons will be available at this concert. More info at www.fonthillbandshell.com.

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comment

perspective

Wayne Campbell
EDITOR

Canada Day in the shade

With all the hype about the Queen's Diamond Jubilee and the War of 1812 bicentennial, Canada's 145th birthday is almost overshadowed.

It's a touch ironic.

The anniversary celebrations are indirectly related to the creation of Canada.

It's a stretch to say the War of 1812 led directly to Dominion Day in 1867.

A lot of twists in the road came between the two events.

The War of 1812, however, did get those living in Upper and Lower Canada thinking. They started to realize they were less North American, or British or French and more Canadian.

It took a few more jolts – the Rebellions of 1837, the American Civil War, the Fenian Raids of 1866, an indifference in Britain toward its Canadian colonies – before Confederation became necessary.

The Queen's Diamond Jubilee reminds us of our continued link with the Crown.

Elizabeth II is Queen of Canada as well as Queen of the United Kingdom. She is also separately Queen of Australia, Queen of New Zealand and queen of other former colonies that have evolved into independent nations.

The link for most Canadians is symbolic. It reinforces our belief in a parliamentary form of democratic government.

Sometimes we muse about dropping the royal connection. We could replace it with a republican style of parliamentary government as Ireland, India, and South Africa did.

Few, however, would want to bother with the constitutional fuss that would involve.

You could just see all the provinces and political parties jump into the fray with their agendas for changes in local powers, the Senate, the courts and so forth.

The emotional attachment of some to the Crown would make for a noisy debate for little reason.

What's more on Canada Day, the royal connection gives us a little extra flare.

A bit of national blink, so to speak.

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Crossley receives environmental awards

Brian Baty
REGIONAL COUNCIL VIEW

The Niagara Regional Environmental awards were presented recently and two of the seven categories were awarded to members of E. L. Crossley Secondary School.

Sharon Keller, head of the science department and chemistry teacher, was presented the Volunteer category recognition and the EARTH club received the young people secondary age category. EARTH is an acronym for Environmental Activists Ready To Help.

Sharon Keller was nominated by fellow staff members in recognition of the significant impact that she has had with students, the school and the community. Eco-mentors improved energy efficiency at the school and the introduction of water filling stations have significantly decreased the use of disposable plastic water bottles. The work of her students has impacted the behavior of staff and students at E. L. Crossley Secondary School as well as the community at large through messages on the school sign as well as articles in local papers. The most visible aspect of her leadership is the greening of the school property through the creation of gardens and significant planting of trees on the property.

EARTH was established as an organization at E. L. Crossley in 2008. They have been involved in EARTH Week ceremonies, school ground greening initiatives and the "Make Every Day Bottled Water Free Day" project which has seen the installation of three water bottle filling stations at the school.

Their tireless efforts protecting and preserving Niagara's environmental health has netted EARTH Ontario's Ecoschool's gold certification for the last two years.

The dramatic impact EARTH has had, and continues to have, on the environmental health of not only its school, but also, its community, stands as a testament to the dedication, passion and diligence of all the students and staff at E. L. Crossley who are making a positive difference in the lives of Niagarans.

These awards were significant to me as Pelham's Niagara Regional Councillor not only because of my former role as principal at the school but because I was a judge of the many nominations for the seven categories of awards.

I indicated to staff that I had a connection to the school but that my adjudication was based on the merits of each submission. As it turned out, the other three regional councillors who acted as judges agreed with the selection of Sharon Keller and the EARTH club because of the overwhelming breadth and depth of their activities.

Brian Baty is a Niagara Regional Councillor for the Town of Pelham and a member of the Integrated Community Planning Standing Committee which sponsored the Environmental Awards.

brian.baty@niagararegion.ca

NEW CHAMBER MEMBERS

Supplied Photo

The Welland/Pelham Chamber of Commerce welcomed its newest members over breakfast at Lookout Point Country Club on June 20th. The event was sponsored by Meridian Credit Union and The Tribune. Pictured are: Mark Melloni of Urge to Purge, Chris and Blayne Bonfoco of Modern Vision MMA, Lori Flaxy of Ontario Senior Services, David Merritt representing event sponsor Meridian Credit Union, Michael Cressman representing event sponsor The Tribune, Claude Hachey of Hachey's Roofing, Candy Ashbee of Presentations Corporation, Stacey Clare and Ryan Hegedus of Above and Beyond Cupcakes, Brent Murdock of Great Lakes Biodiesel, and Deborah-Marie Forrester and Greg Holmes of Darla-Prana Healing & Wellness Centre. Visit www.wellandpelhamchamber.com for detailed business listings and event photos.

NEW EXECUTIVES FOR LIONESS, LIONS CLUBS

Supplied photo

The 2012–2013 executive for the Fonthill Lioness Club was recently installed by Past District A-2 President Ruth Newell. Front row from left, Del Lenny, president Eleanor Arbour and Louise Stayzer. Back row from left Bev Horvath, Katie Eigner, Laurie Buchanan, Enid Gatcke, Linda Roach, Suzanne Rose and Ruth Newell.

Supplied photo

Past District A-2 Governor, Jerry Urasacki, recently installed the new executive for the Fonthill Lions Club. Front row from left are president Doug Gaylor, Tina Moessner and Jerry Urasacki. In back from left are John Mills, Robert Yungblut, Fred Arbour, Brian Buchanan, Tom Boyce and Gerry Berkhout.

■ **BASEBALL:** This week on the Pelham Diamonds

Rookie ball team defeats Welland

For Pelham NEWS

The PMBA Miller Restoration Rookie Ball team defeated the Welland Blue Jays on June 18. Tiana Stukel, Evan Van Vliet, and Joshua Pennacchietti had solid hits in the game. On June 20, despite only having 9 players for the game and playing in the scorching heat, the Rookies won 22 to 5 against Beamsville. Tyler Hunter, and Carly Elcich played impressive games and had really good hits.

On June 21 Port Colborne faced the Pelham Peewee Meridian Credit Union team. It was a very close game until the fourth inning when Port Colborne's bats came alive and Pelham was unable to answer back with their bat. In the first inning Ben Klassen caught a high fly ball and threw to first base to make a double play. Blake Zurbrigg had a solid single to score Rowan McLellan, and a hard double by Matt Leppert scored Zurbrigg.

In the second inning Pitcher Scott Hooper recorded three strikeouts. Hooper had one more strike out in the third inning, but the play of the inning was the relay from Ryan Dykstra in centre to the pitcher who then threw to the catcher Brock Pellow to tag the runner trying to make it home. In the fourth inning catcher Tristen Barnhart threw the runner out trying to steal third base.

Defense led the way in the Mosquito Studio 20 Python's victory against the Pelham Star Tile team. First baseman, Evan Kernaghan charged the baseline for an out with the help of Dan Durkin, then caught a foul fly ball for 2 outs in the 1st inning. RBI doubles from Durkin and Sarah Saldutto highlighted the bottom of the inning. Josh D'Onofrio had the opening hit of the 2nd inning.

An RBI double from Sammy Ugulini, an RBI triple from Callan Saldutto and the first RBI of Malyssa Cimato's team-leading 3-RBI game highlighted the 5-run inning. Sarah Saldutto impressed with her play at 1st base, first by quickly relaying a ball thrown from centrefielder Anasofia Vargas to Kernaghan at 3rd to tag out a runner in the 4th inning, and then by covering for 2 outs in the 5th inning - the first after catcher, Sammy Ugulini chased down a short choppy hit from home, and the next after Ayden Janas at second knocked down an infield hit. The late innings saw Mathew Martel hit an RBI double, and a couple of big plays from catcher, Noah Wouthuis - a throw to Kernaghan at third to tag out an attempted steal, and a catch of a foul tip for another out. The game ended as it began, with Evan Kernaghan charging the 1st baseline for the final out.

The Giant Tiger Rookie Ball Steelers led the whole game on June 20th, only to have Welland come back in the top half of the last inning to tie the game. In the bottom half of the inning Brock Morden led off with a solid single to left. After a tough at bat by Grace Dillon, Jack Hughes sacrificed Morden to second, setting the stage for Carson Crysler's game winning single. The Giant Tiger Steelers were led offensively by the Crysler brothers, Carson and Curtis, Adam Repar, Ethan Engel and Morden with 3 hits each. Owen Dobbie and Drew McArthur chipped in with two hits apiece. Jenna Dobbie and Jack Hughes added one hit each.

The Pelham Lunch Lady Rookie Select Panthers pounded an incredible 42 hits aganst Welland, only to come out on the losing end of the Rookie Select slugfest 29 to 28. Curtis Crysler led the hit parade with 5 hits while Wyatt Gibson, Owen Dobbie, Jacob Shirton, Nathan Denbak, and Cole Slingerland all added four hits each. Adding three hits each were Alex Rubino, Drew McArthur, Brock Morden, Anthony Battista, and Carson Crysler. Conner Denbak chipped in with 2 hits.

see **BASEBALL** | page 7

■ **SUMMERFEST:** Active Zone not just child's play

Lafarge promoting safety with Touch-a-Truck experience

WAYNE CAMPBELL
PelhamNEWS Staff

Lafarge will bring out its mighty machines to teach the little ones safety at Pelham Summerfest 2012.

A cement truck and Lafarge's new environmental unit will provide a Touch-a-Truck experience for youngsters on July 21 in Pelham Peace Park.

Lafarge, an international aggregate company with an operation on Regional Rd. 20, is a gold sponsor for Summerfest.

Specifically, it is sponsoring the Active Zone run by the Pelham Active Transportation Committee that promotes walking, cycling, running and other forms of active lifestyles.

"This a good fit for us," said Lafarge land manager Chris Galway. "The Active Zone with its focus on safety ties in with our own health and safety promotions. We encourage our workers to wear pedometers and walk 10,000 steps a day."

Through participation in such events, the company can increase public understanding of the operation and its equipment, Galway said.

Pelham site manager Vince Forbes said by using big vehicles they can show children sight lines and blind spots so they know the risks of being around the equipment.

"We can put a group of kids in front of a truck and one in the driver's seat," he said. "Then we ask him how many children can he see."

The answer is usually nobody.

Lafarge is also bringing to the event Rocky, its walking stone mascot.

Bea Clark, a Summerfest organizing committee member and chair of the Pelham Active Transportation Committee, said the Active Zone will include a lot of activity on the Saturday of the July 19-22 festival.

In Peace Park there will also be hoops with the Pelham Basketball Association, Niagara Region's sun hut with protection tips, a guided hike by the Bruce Trail Club and road hockey with Pelham Minor Hockey Association.

On Pelham St. there will be a bike rodeo, Nordic walking demonstrations, a Freewheelers novice ride and a Zumba challenge.

The Pelham municipal pool in Marlene Stewart Streit Park will host a swim meet while a lacrosse tournament will take over Pelham Arena.

"We want to highlight some of the groups involved in fitness and activity in the town," Clark said.

An information kiosk will include her committee, the Bruce Trail Club, Freewheelers and Bicycle Niagara.

There will be special attention to cycling in light of the recent Ontario coroner's report urging a mandatory helmet law for all cyclists.

The committee will have bike checks, helmet fits, a bike valet, and bike clinic.

Other Pelham St. activities will include hula hoops, a treasure hunt, skipping, hackey sack and chalk on the street. Pelham library will have children's activities.

Summerfest has expanded to four days from its 2011 one-day debut.

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WAYNE CAMPBELL Staff Photo

Lafarge will bring its big toys for a children's Touch-a-Truck safety program, as sponsors of the Pelham Summerfest 2012 Active Zone. Presenting a $2,500 sponsorship cheque to Summerfest organizing committee member Bea Clark are Lafarge land manager Chris Galway, left, and Lafarge Pelham site manager Vince Forbes.

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■ BASEBALL

Rookie Jays win

FROM PAGE 5

The Lafarge Rookie Ball Blue Jays took on the traveling Beamsville team this past Tuesday and came up ahead 13-6. A superb pop-fly catch by Simon Killeen in the second inning shut down the Beamsville bats, while Simon later contributed his own RBI with a bases loaded single. A picture perfect infield play from short stop Kelsie Dyson to second baseman Paige Dixon drew loud cheers from the crowd!

Great fielding support was seen by Brendan Veenstra and Lucas Slingerland. Cole Slingerland had his best game yet at bat, with 2 doubles and numerous runs batted in. Ethan Wells, Wyatt Gibson, Alex Rubino and Michael Dyson all contributed fantastic hits and reliable base running. Maya Oakes came into the last inning swinging and logged an excellent base hit!

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GRAPEFRUIT AND MEDICATION

Grapefruit and grapefruit juice are an excellent source of many nutrients that contribute to a healthy diet. Grapefruit is a good source of vitamin C, fiber, and the pink and red hues contain the beneficial antioxidant lycopene, thought to have a role in preventing various diseases such as cancer and heart disease. Studies have shown that grapefruit helps lower cholesterol, and there is evidence that the seeds have antioxidant properties.

However, there are compounds in grapefruit called furanocoumarins that can interfere with the way your body metabolizes certain medications. This can lead to dangerously high levels of medication in the body and may increase the risk of rare but serious or life-threatening side effects such as slowed heart rate and muscle deterioration. For a few medications, it can lead to decreased effectiveness because these medications need to be metabolized in order to become active. Don't take these interactions lightly, as some can cause potentially dangerous health problems.

Both grapefruit juice (either fresh or frozen) and the fruit itself can affect certain medications and the effects have been seen with as little as one 8-ounce (250 mL) glass of grapefruit juice. The effects of grapefruit juice on medications can last up to 3 days, so taking them at different times of day will not help. Naturally sweet orange juice has not been shown to affect medications the way grapefruit juice does, but tangelos (which are related to grapefruit), lime juice, and Seville (sour) oranges may affect medications.

Many medications may be affected by grapefruit juice, including medications for:

Allergies	Fexofenadine (Allegra)
Anticoagulation	Dabigatran (Pradax)
Anxiety/Sleep	Buspirone (BuSpar), Diazepam (Valium), Triazolam (Halcion), Alprazolam (Xanax), Clonazepam (Rivotril)
Arrhythmia	Amiodarone (Cordarone)
Blood Pressure	Amlodipine (Norvasc), Felodipine (Renedil, Plendil), Nifedipine (Adalat)
Cholesterol	Simvastatin (Zocor), lovastatin (Mevacor), atorvastatin (Lipitor)
Depression	Sertraline (Zoloft)
HIV	Saquinavir (Invirase, Fortovase), indinavir (Crixivan)
Seizures/Epilepsy	Carbamazepine (Tegretol, Mazepine), Clonazepam (Rivotril)
Sexual Dysfunction	Sildenafil (Viagra), Taldafil (Cialis)
Transplants/Autoimmune Diseases	Cyclosporine (Neoral, Sandimmune), tacrolimus (Prograf, Advagraf), sirolimus (Rapamune)

This is not a complete list; grapefruit juice may affect medications for conditions other than those listed here. Also, if you are taking any natural health products, check the labels to see if they contain grapefruit, tangelo, Seville orange, or lime juice. Avoid these fruits and juices until your doctor or pharmacist has told you it's safe to have them.

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KEYS TO THE CURE

WAYNE CAMPBELL Staff Photo

Fonthill CIBC is selling Keys to the Cure for $2 each until the end of September. The 911 wooden key chains were made and donated by Fonthill resident Paul Ryan. Holding them are from left branch manager Gabriella Spitali, and staff members Angela Breton and Kelly Sauriol. The branch has three fundraisers for breast cancer research. It's collecting Pennies for the Cure and staff are taking pledges to participate in the CIBC sponsored Run for the Cure on Oct. 2.

MAGIC START FOR BUSINESS

MILKA MILI Supplied Photo

Mayor Dave Augustyn congratulates Fiona O'Hara for the good start to her Herbal Magic franchise business at a recent information session. Franchise owner, Fiona O'Hara, purchased the franchise in August 2011. The session included speakers outlining the success they had following the program. Herbal Magic is at 121 Hwy 20 E. in Fonthill.

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Pelham Summerfest 2012
Come Chill on the Hill
July 19, 20, 21, 22

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■ SUMMERFEST: July 19-22 in Fonthill

Entertainment lineup includes top bands

SUMMERFEST COMMITTEE
For PelhamNEWS

Free, family fun.

There are plenty of ways to describe the excitement building for Summerfest 2012, but the above three words sum it all up best.

And the committee is happy to add to the excitement this week by announcing details about the entertainment.

All of these events are free, thanks to the generosity of Summerfest's many business and community sponsors.

Pelham Summerfest 2012
Come Chill on the Hill
July 19-22, 2012

The entertainment on the Pelham Street main stage starts Saturday at 10 a.m.; we welcome back several great headliners, including the British Invasion Band from 6 to 8 p.m., followed by the Gormans, Pelham's favourite musical sons, from 8 to 10 p.m., followed by Flat Broke, another Niagara favourite, to rock the street til midnight.

During the day, there will be something for everyone's tastes and talents, including a chance to get interactive.

Other tribute bands for Saturday's Street Festival include a Jimmy Buffet tribute and CCR followers Bayou Boys. The A.M.P. fest favourites from Canada Day will also rock the main stage from 11 to 11:30 a.m., before the audience gets its chance to wiggle some hips with the Zumba fitness challenge.

The Fonthill Music Academy and Sandy Vine and the Midnights round out the entertainment on the main stage Saturday.

As if that isn't enough, there will also be a music stage in Peace Park Saturday to entertain those browsing and buying at the fine-art exhibition, Art in the Park.

Entertainment is scheduled from 11 a.m. to 5 p.m., including Acapella Niagara, Dan Lostracco, Kindred and Erin Burger.

For the younger set, Peace Park will be brimming with interactive fun as well, thanks to McAvoy, Belan and Campbell Insurance.

Between 10 a.m. and 5 p.m. Saturday, there will be interactive sessions of Zumbatomic, presentations by Castlemoon Theatre, visits from the Reptile Kingdom, face painting, and magic with Mark Furney.

The 2012 version of Summerfest is four days long, so that means even more entertainment, starting Thursday night with the ever-popular Fonthill Bandshell concert series, featuring an Elvis tribute artist. From 7 to 9 p.m., Gino Monopoli will channel the King of Rock 'n' Roll in Peace Park. The concert is sponsored by the Rotary Club of Fonthill.

To round out the four days, the Sandy Vine Trio and Steve Burnside will visit the Peace Park stage Sunday during the community brunch, between 10 a.m. and 2 p.m., as part of Community Day, sponsored by Fonthill Dental.

A full list of entertainment, including the generous sponsors who are helping make it all happen, is now posted on our website, www.pelhamsummerfest.ca.

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CANADA DAY

Grande Parade and more to celebrate on July 1

FROM PAGE 1

The Grand Parade steps off from A.K. Wigg Public School at 1 p.m. heads down Haist St. to end at Centennial Park.

Community services co-ordinator Kathy Thorpe said the parade will feature some new bands as well as many of its popular entries.

Among units in the parade are fire trucks, military equipment, and the E.L. Crossley marching band.

Opening ceremonies and cutting of a cake donated by Fonthill Sobeys, with free pieces as long as it lasts, follows

Emma Beaule, a member of 613 Lincoln and Welland Regiment Army Cadets, will sing O Canada.

"We have lots of vendors in the park as well as the Fonthill Lions with their barbecue," Thorpe said.

Danny's Bicycle Repair and the Rotary Club of Fonthill are encouraging kids 12 and under to "Bling Your Bike" on Canada Day! Kids ages 12 and under are encouraged to decorate their bicycles and bring them to Harold Black Park following the annual Fonthill Canada Day Parade.

The contest will be held at 2:45 p.m.

Lori DeLuca Dance Place will take to the stage from 2:30 p.m. to 3:45 p.m.

AMPfest winners will receive two free song recordings at Riothill Studios in Fonthill, $100 cash and a spot to perform at the main stage at Pelham Summerfest later in July.

Bands providing entertainment under the tent beginning at 6 p.m. leading up to the fireworks are After 49, Kristel Niemi, and Flatbroke.

Fireworks are scheduled for 10:15 p.m.

To help residents get around, the town is offering a shuttle service from noon to midnight, with a pause in service during the parade between 1 p.m. and 3:15 p.m.

Bus stops are at municipal parking lot on Maple St. in Fenwick, Pelham Municipal Building at Pelham Town Square, Pelham Arena on Haist St. and Harold Black Park.

Geocaching is a modern treasure hunt using GPS setting.

The town has place caches in five locations – Harold Black Park, Marlene Steward Streit Park, Centennial Park, North Pelham Park and the Steve Bauer Trail – to encourage resident to explore their town.

On Canada Day the GPS settings will be announced for Harold Black Park to begin the search.

Sundance Hot Air Balloon tethered rides will be offered from 4 p.m. to 8 p.m. Sign up for rides begins at 2 p.m. at the No. 1 ball diamond.

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■ **LETTER:** Horticultural society thanks volunteers, supporters

Pelham Horticultural Society thanks volunteers, supporters

Many thanks are due to the members of the Pelham Horticultural Society who volunteered and supported our Annual Plant, Lawn and Bake Sale on May 19 as well as to those avid gardeners who made purchases.

Thanks to the generosity of the Fonthill Branch of the Royal Canadian Legion, we were able to set up and sell on their parking lot. Please watch for our annual sale next year in May.

Also thanks to the members who planted the flower beds at the Legion and at both branches of the Pelham Library on May 24 and 26. The weather was perfect for planting the well-grown and beautiful plants most generously donated by Jerry Moes of Rice Road Greenhouses and Garden Centre.

He has made this an annual support for our commitment to community beautification and we are most appreciative.

Maria McMillan
President
Pelham Horticultural Society

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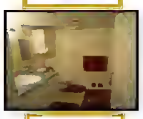
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Technical/ Trades A870

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Brick/ Cement S140

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Lost & Found A320

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Transportation

RECREATIONAL VEHICLES

Real Estate

Legal Notices A900

NOTICE TO CREDITORS AND OTHERS

In the estate of Antonia Mattia a.k.a. Antonia Baulig, Pensioner, Deceased.

All persons having claims as creditors against the estate of the above mentioned, late of the Town of Fort Erie, in the Regional Municipality of Niagara, who died at the said Town of Fort Erie, on January 21, 2007, are required to file proof of same with the undersigned on or before July 27, 2012.

After that date the Public Guardian and Trustee will proceed to distribute the estate, having regard only to the claims of which she then shall have had notice.

Anyone having knowledge of a Will dated later than February 8, 2001 of the above-mentioned is also requested to contact the undersigned.

DATED at Toronto on June 22, 2012.

PUBLIC GUARDIAN AND TRUSTEE,
ESTATE TRUSTEE
595 BAY STREET, SUITE 800
TORONTO, ONTARIO M5G 2M6

File: 817506-012

Rentals

Apartments Unfurnished A610

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1or 2 BDRM on 3rd floor of Historic building with lots of character. Parking. A/C. Near market square. $550+ util. Available now. Donna 905-732-4793 12606812

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2 BACHELOR apt on 1st floor, 332 Welland Ave E, parking, all bills paid, 1st/last required. No pets. Suitable for quiet person. Call after 3:30 pm 905-732-4857 12588860

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2 BDRM main floor apt quiet neighbourhood, Welland. Fridge/stove/all util/parking incl, no laundry $795/mth. 1st/last req'd. July 1st. 905-650-9425 12601575

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Drivers A830

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EDUCATION

Notices

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Person to Person A956

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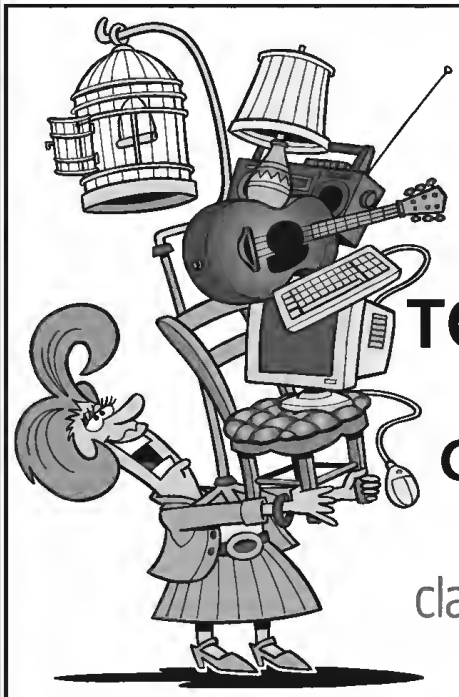
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AROUND TOWN

MONDAY JUNE 25

EVENING GARDEN WALK from 6:30 p.m. to dusk for Pelham Horticultural Society meet at the Fonthill Branch of the Pelham Library for the list and location of the gardens. Free for members; $7 for non-members. Refreshments to follow.

THURSDAY, JUNE 28

FONTHILL BANDSHELL CONCERTS presents Hotel California an Eagles band tribute show , sponsored by Meridian Credit Union. It is the second night in the 2012 summer series of concerts. In its seventh season in Pelham Peace Park, shows run from 7 p.m. to 9 p.m. each Thursday until Sept. 6.

SATURDAY JUNE 30

DIAMOND JUBILEE ROYAL GARDEN PARTY Opening ceremonies at 12:30 p.m., Royal Tea Party seatings at 1 p.m., 2 p.m., 3 p.m. in Pelham Peace Park tickets $5 in advance $8 at event. Royal Hat Contest judged at 11 a.m. in Pelham Public Library. Memorabilia displays at library. Cut flower arrangement contest judged at 2 p.m. at Library. Music in Fonthill Bandshell 1 p.m. to 4 p.m. For information Nancy Yungblut 905-892-2607 ext 332. email nyungblut@pelham.ca also www.pelham.ca.

SUNDAY, JULY 1

22nd ANNUAL CANADA DAY CELEBRATION Parade starts at 1 p.m. along Haist Street ending at Harold Black Park. Day offers an afternoon and evening filled with live music, family friendly fun including, crafts and children's activities, food, clowns, fireworks and much more. New this year are tethered hot air balloon rides from 4 p.m.-8 p.m. for $15 per person per ride. Sponsorship opportunities available contact kthorpe@pelham.ca for more information. Mayor's Youth Advisory Council will host AMP Fest competition under the main tent. AMP Fest winners receive $100 a spot on the main stage at Summerfest and two free songs recordings at Riothill Studios a $500 value. Online facebook vote will determine the winner. Voting will open at 5:30 p.m. Parade and booth application forms available at www.pelham.ca.

THURSDAY, JULY 5

FONTHILL BANDSHELL CONCERTS presents The Toronto All Star Big Band , sponsored by Sun Life Financial Nelson, Dam & Doyle. It is the third night in the 2012 summer series of concerts. In its seventh season in Pelham Peace Park, shows run from 7 p.m. to 9 p.m. each Thursday until Sept. 6.

MONDAY JULY 16

KIDS VBS CAMP at Fonthill United Church, free for kids ages 5 to12 in the mornings from 9 a.m. to 11:30 a.m. from July 16 to 20. Phone the church at 905-892-6433 on Monday, Wednesday or Friday mornings. Non-denominational vacation Bible school.

ONGOING

TUESDAY NIGHT BINGO St. Ann's Parish, 834 Canboro Rd., Fenwick, 7 p.m. Continues every Tuesday to the end of June. Wheelchair accessible. Chance to win $100. 905-892-6123.

ST. ALEXANDER PASTA NIGHT first Thursday of every month at St. Alexander Church, Town Square, Fonthill. Admission: $9 for adults, $4 for children age four to 12 and children under three free. All you can eat red and white sauce penne, meatballs, sausage, garlic bread, salads and more. Catered by Antipasto's.

FENWICK LIONS FISH FRY every second Friday at Fenwick's Centennial park from 4 p.m. to 7 p.m. Large two-piece dish of haddock and fires $10, one piece $8. For cole slaw add $1. This 15-Friday season runs from April to October fish fry dates are: June 29, July 13, July 27, Aug. 10, Aug. 24, Sept. 7, Sept. 21, Oct. 5 and Oct . 19.

PELHAM FARMERS MARKET runs each Thursday evening market from 4:30 p.m. to dusk in the parking lot of the Pelham Municipal Building in Fonthill. The weekly sale of local produce, flowers and agricultural products continues weekly until Oct. 25.

FONTHILL LEGION LUNCH each Friday from 11:30 a.m. to 1 p.m. at Royal Canadian Legion Branch 613 hall on Regional Rd. 20 east of downtown Fonthill. $9 with takeout available. Main dish plus dessert, tea and coffee.

ALZHEIMER SOCIETY of Niagara Region Support Groups for Caregivers meets the first Tuesday of each month, except July and August, 1:30 p.m. to 3 p.m. at Rapelje Lodge, 277 Plymouth Rd., Welland. For info call 905-67-3914.

ALZHEIMER SOCIETY of Niagara Region Support Groups for Caregivers meets the third Monday of each month, except July and August, 1:30 p.m. to 3 p.m. at Alzheimer Society, 403 Ontario St. Unit 1, St. Catharines. For info call 905-687-3914.

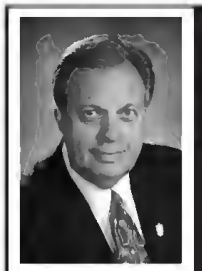
CHORUS NIAGARA The Power of 100. Artistic Director Robert Cooper invites singers to audition for Niagara's premier 100 voice community choir. Call Pam at 905-357-1616 for an audition appointment. Further information www.chorusniagara.ca

ST. CATHARINES NEWCOMERS Club invites women of all ages new to the Niagara area to join us on the first Wednesday of the month, at the Heideh of, 600 Lake St, St. Catharines at 7.30 p.m. Call Lois at 905-988-9988 or Gwen 905-641-9816.

AUDITIONS Chorus Niagara Children's Choir is a growing choral group for children aged 7 to 17. Under the leadership of Melanie Marlin they are rapidly becoming known in the region for their excellence in choral singing. If you would like more information or would like to book an audition please contact the choir manager Lyn Hibbitt at 905-945-2049 or cnccmanager@yahoo.ca.

A CAPPELLA NIAGARA MEN'S CHORUS Invites singers for fun, fellowship, and fabulous 4-part harmony every Tuesday at 7:30 PM at St.John Ambulance, 5734 Glenholme Ave. at High St. in Niagara Falls. For info call Bob—892-2336. Come and sing with us. You'll be glad you did!

Around Town is a coming events service for non-profit groups in Pelham. Please make submissions by e-mail to wayne.campbell@sunmedia.ca or by fax to 905-732-3660.



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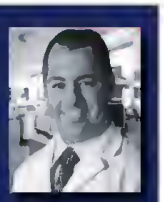
The Healthy Cupboard 2012 Reader's Choice Winner Best Health Food Store

What's Your Nitric Oxide Level? And Why You Should Care.



Nathan Bryan Ph.D.
Chief Science Officer

Imagine for a moment a "miracle molecule" that could dramatically improve your health – if you could increase the amount in your body. Nitric Oxide – otherwise known by its chemical formula NO. Evolving research is now bringing to light the wonders of nitric oxide and the importance of having enough in your body.

The Nitric Oxide Nobel Prize

Three scientists were awarded the Nobel Prize in 1998 for the discovery of the critical cardiovascular role of nitric oxide. The discovery of NO and its function is one of the most important in the history of cardiovascular medicine. Nitric oxide is a signalling molecule. When it's created and released, this gas easily and quickly penetrates nearby membranes and cells, sending its signals. In less than a second, NO signals: arteries to relax and expand, immune cells to kill bacteria and cancer cells and brain cells to communicate with each other.

Truly The Miracle Molecule – It can: prevent high blood pressure (hypertension), keep your arteries young and flexible, prevent, slow, or reverse the buildup of artery-clogging arterial plaques: help the formation of artery clogging blood clots, the result of plaques bursting – spilling their contents into the blood stream, and reduce inflammation.

By doing all of the above, it can reduce your risk of heart attack and stroke, the #1 and #3 killers of Americans. But this molecule has more miracles to perform. It can also: improve penis erections, enhance sexual sensitivity and blood flow to the clitoris, reduce the risk of diabetes and disastrous diabetic complications, such as chronic kidney disease, blindness, hard0to-heal foot and leg ulcers, and amputations. Limit the swelling and pain of arthritis , boost the power of pain-relieving drugs, calm the choking inflammation of asthma, protect your bones from osteoporosis, help provide the mood-lifting power behind antidepressant medications, assist the immune system in killing bacteria and limit skin damage from the sun.

What Happens Without Enough NO?

Many symptoms of nitric oxide insufficiency occur with age: loss of energy, we begin to forget things, our sexual health and performance declines and we begin to develop aches and pains. The loss of nitric oxide may be responsible for many of these symptoms of aging and at the root of cardiovascular disease. And the most reliable way to know if you are nitric oxide-insufficient or not is your age. If you're over 40, you probably don't have enough and restoring your nitric oxide level is one of the most important things you can do for your health.

More NO, Less Arthritis Pain

NO is decreased in joints stressed by "chronic load-induced stress" (such as knee arthritis in people who are overweight) and "biochemical change-induced stresses" (such as the oxidative damage in bones caused by diets high in saturated fat and low in antioxidant rich vegetables and fruits). "NO-based intervention may produce substantial pain relief to people with painful osteoporosis."

Skin Diseases: Less Sun Damage With NO?

NO plays a vital role in the skin, orchestrating normal regulatory processes. It helps maintain the "barrier function" -in keeping out unwanted germs and toxins, and may help protect from the sun's UV radiation.

Sexual Function:

Research shows that erectile dysfunction is usually a circulatory problem. Adequate amounts of Nitric Oxide are necessary to produce dilation of penile arteries to allow sufficient amounts of blood to enter the penis. The same applies to women without proper blood flow too.

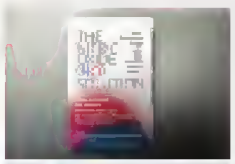
Aging is THE Risk Factor

there are many risk factors for heart disease-high blood pressure, high cholesterol, family history. But one risk factor that is common to everybody is reaching 40. Aging is a risk factor for a heart attack or stroke because it leads to an accumulation of protein in artery walls.

So What To Do? Restore Your Nitric Oxide!

Thankfully, nitric oxide restoration is not only possible but EASY! There are plenty of ways to generate more NO: a diet rich in NO producing nitrate and nitrite (mainly from leafy greens); a NO-boosting supplement such as Neo 40 COPYRIGHT Daily; NO-restoring regular exercise; and lifestyle factors that preserve and increase NO, such as sufficient sleep and stress control.

Now Available in Canada!



The first & only measureable Nitric Oxide system is here.

NEO40® daily

Neo40 Daily is a breakthrough formula proven to help the body restore Nitric Oxide levels naturally, thus supporting circulation, blood pressure and overall cardiovascular health. It's an effective synergistic blend of beet root, hawthorn berry and other Nitric Oxide-active botanicals in a great tasting fast-melt lozenge.

Clinically Proven to help your body :

- Lower triglyceride levels *(27% average in 30 days)*
- Lower blood pressure
- Improve cadiovascular health
- Improve sexual response
- Increase energy & better sleep
- Improve inflammatory response

"There may be no disease process where his miracle molecule does not have a protective role."
Louis J. Ignarro, PhD, a 1998 Nobel Laureate

Nathan Bryan Ph.D.
Chief Science Officer

We can test your nitric oxide levels in store for free. The results are immediate.

Tanya and Ian Birrell
Owners of The Healthy Cupboard

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